

Bye-Bye-Bye

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Bye, Bye, Bye - *NSYNC



DIAGONAL STEP ROCK-STEPS (RIGHT, LEFT)

- 1-2& Step right foot toward front right corner (body will face left front corner), rock behind right foot on left foot, recover weight onto right foot (as you turn back to original wall)
3-4& Step left toward left front corner (body will face right front corner), rock behind left foot on right foot, recover weight onto left foot (as you turn back to original wall)

STEP RIGHT, TURN, 2-COUNT BODY ROLL

- 5-6 Step right foot to right, turn $\frac{1}{4}$ turn to the left keeping weight on right foot
7-8 Do a two count body roll shifting weight to left foot on count 8

ROCK STEP, STEP BACK (WITH $\frac{1}{2}$ TURN), STEP LEFT (WITH $\frac{1}{4}$ TURN) TOUCH RIGHT TOE

- 9&10 Rock forward on right foot, recover on left foot, turn $\frac{1}{2}$ turn to the right and step forward on right foot
11-12 Turn $\frac{1}{4}$ turn to the right and step on left foot, touch right toe at home position

TOE TOUCH RIGHT, TOE TOUCH HOME, KICK-STEP-TOE SPREADS (OUT, IN)

- 13-14 Touch right toe out to right, touch right toe to home position
15&16& Kick right foot forward, step right foot next to left foot shoulder width apart, fan toes out, return toes to original position

ROCK STEP, 2 COUNT FULL TURN FORWARD

- 17-18 Rock back on right foot, recover weight onto left foot
19-20 Turn $\frac{1}{2}$ turn to the left and step on right foot, turn $\frac{1}{2}$ turn to the left and step on left foot

CHUG AND CROSS, COASTER STEP

- &21&22 Hitch right knee up slightly then point right toe out to right side, hitch right knee up slightly then cross right foot over left foot taking weight
23&24 Step back on left foot, step right foot next to left foot, step forward on left foot

CHUG AND CROSS, COASTER STEP

- &25&26 Hitch right knee up slightly then point right toe out to right side, hitch right knee up slightly then cross right foot over left foot taking weight
27&28 Step back on left foot, step right foot next to left foot, step forward on left foot

STEP RIGHT, STEP LEFT, TOE-HEEL-HOOK (WITH TURN)

- 29-30 Step right foot slightly forward, step left foot next to right foot
31&32 Turn right toe in and touch it, turn right foot out and touch heel, turn $\frac{1}{4}$ wall to right and hook right foot in front of left foot

REPEAT

TAG

There is a 4 count break after the fourth and sixth rotations. Suggested steps below

TORSO SHIFTS (RIGHT, LEFT, RIGHT, LEFT)

- 1-4 Step right foot shoulder width apart from left foot as you do right torso shift to the right, shift to left, shift back to right, shift to left again. Start over.